

Healthy People 2010 Measures

Leading Health Indicators ¹

Physical Activity

- Adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion (22-7)
- Adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day (22-2)

Overweight and Obesity

- Children and adolescents who are overweight or obese (19-3c)
- Adults who are obese (19-2)

Tobacco Use

- Cigarette smoking by adolescents (27-2b)
- Cigarette smoking by adults (27-1a)

Substance Abuse

- Adolescents not using alcohol or any illicit drugs during the past 30 days (26-10a)
- Adults using any illicit drug during the past 30 days (26-10c)
- Adults engaging in binge drinking of alcoholic beverages during the past month (26-11c)

Responsible Sexual Behavior

- Adolescents who abstain from sexual intercourse or use condoms if currently sexually active (25-11)
- Sexually active persons who use condoms (13-6a)

Mental Health

- Adults with recognized depression who receive treatment (18-9b)

Injury and Violence

- Deaths caused by motor vehicle crashes (15-15a)
- Homicides (15-32)

Immunization

- Young children who receive all vaccines that have been recommended for universal administration for at least 5 years (14-24a)

- Noninstitutionalized adults who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease (14-29a, b)

Access to Health Care

- Persons with health insurance (1-1)
- Persons who have a specific source of ongoing care (1-4a)
- Pregnant women who begin prenatal care in the first trimester of pregnancy (16-6a.)

Arthritis, Osteoporosis, and Chronic Back Conditions

Goal: Prevent illness and disability related to arthritis and other rheumatic conditions, osteoporosis, and chronic back conditions.

Number Objective Short Title

Arthritis and Other Rheumatic Conditions

- 2-1 Mean number of days without severe pain
- 2-2 Activity limitations due to arthritis
- 2-3 Personal care limitations
- 2-4 Help in coping
- 2-5 Employment rate
- 2-6 Racial differences in total knee replacement
- 2-7 Seeing a health care provider
- 2-8 Arthritis education

Osteoporosis

- 2-9 Cases of osteoporosis
- 2-10 Hospitalization for vertebral fractures

Chronic Back Conditions

- 2-11 Activity limitations due to chronic back conditions

Cancer

Goal: Reduce the number of new cancer cases as well as the illness, disability, and death caused by cancer.

Number Objective Short Title

- 3-1 Overall cancer deaths
- 3-2 Lung cancer deaths
- 3-3 Breast cancer deaths
- 3-4 Cervical cancer deaths
- 3-5 Colorectal cancer deaths
- 3-6 Oropharyngeal cancer deaths

- 3-7 Prostate cancer deaths
- 3-8 Melanoma deaths
- 3-9 Sun exposure and skin cancer
- 3-10 Provider counseling about cancer prevention
- 3-11 Pap tests
- 3-12 Colorectal cancer screening
- 3-13 Mammograms
- 3-14 Statewide cancer registries
- 3-15 Cancer survival

Chronic Kidney Disease

Goal: Reduce new cases of chronic kidney disease and its complications, disability, death, and economic costs.

Number Objective Short Title

- 4-1 End-stage renal disease
- 4-2 Cardiovascular disease deaths in persons with chronic kidney failure
- 4-3 Counseling for chronic kidney failure care
- 4-4 Use of arteriovenous fistulas
- 4-5 Registration for kidney transplantation
- 4-6 Waiting time for kidney transplantation
- 4-7 Kidney failure due to diabetes
- 4-8 Medical therapy for persons with diabetes and proteinuria

Diabetes

Goal: Through prevention programs, reduce the disease and economic burden of diabetes, and improve the quality of life for all persons who have or are at risk for diabetes.

Number Objective Short Title

- 5-1 Diabetes education
- 5-2 New cases of diabetes
- 5-3 Overall cases of diagnosed diabetes
- 5-4 Diagnosis of diabetes
- 5-5 Diabetes deaths
- 5-6 Diabetes-related deaths
- 5-7 Cardiovascular disease deaths in persons with diabetes
- 5-8 Gestational diabetes
- 5-9 Foot ulcers
- 5-10 Lower extremity amputations
- 5-11 Annual urinary microalbumin measurement
- 5-12 Annual glycosylated hemoglobin measurement

Number Objective Short Title

- 5-13 Annual dilated eye examinations
- 5-14 Annual foot examinations
- 5-15 Annual dental examinations
- 5-16 Aspirin therapy
- 5-17 Self-blood-glucose-monitoring

Disability and Secondary Conditions

Goal: Promote the health of people with disabilities, prevent secondary conditions, and eliminate disparities between people with and without disabilities in the U.S. population.

Number Objective Short Title

- 6-1 Standard definition of people with disabilities in data sets
- 6-2 Feelings and depression among children with disabilities
- 6-3 Feelings and depression interfering with activities among adults with disabilities
- 6-4 Social participation among adults with disabilities
- 6-5 Sufficient emotional support among adults with disabilities
- 6-6 Satisfaction with life among adults with disabilities
- 6-7 Congregate care of children and adults with disabilities
- 6-8 Employment parity
- 6-9 Inclusion of children and youth with disabilities in regular education programs
- 6-10 Accessibility of health and wellness programs
- 6-11 Assistive devices and technology
- 6-12 Environmental barriers affecting participation in activities
- 6-13 Surveillance and health promotion programs

Heart Disease and Stroke

Goal: Improve cardiovascular health and quality of life through the prevention, detection, and treatment of risk factors; early identification and treatment of heart attacks and strokes; and prevention of recurrent cardiovascular events.

Number Objective Short Title

Heart Disease

- 12-1 Coronary heart disease (CHD) deaths
- 12-2 Knowledge of symptoms of heart attack and importance of calling 911
- 12-3 Artery-opening therapy
- 12-4 Bystander response to cardiac arrest

Number	Objective Short Title
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12-5	Out-of-hospital emergency care
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12-6	Heart failure hospitalizations
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Stroke

12-7	Stroke deaths
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12-8	Knowledge of early warning symptoms of stroke
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Blood Pressure

12-9	High blood pressure
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12-10	High blood pressure control
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12-11	Action to help control blood pressure
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12-12	Blood pressure monitoring
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Cholesterol

12-13	Mean total blood cholesterol levels
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12-14	High blood cholesterol levels
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12-15	Blood cholesterol screening
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12-16	LDL-cholesterol level in CHD patients
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HIV

Goal: Prevent HIV infection and its related illness and death.

Number	Objective Short Title
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13-1	New AIDS cases
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13-2	AIDS among men who have sex with men
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13-3	AIDS among persons who inject drugs
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13-4	AIDS among men who have sex with men and who inject drugs
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13-5	New HIV cases
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13-6	Condom use
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13-7	Knowledge of serostatus
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13-8	HIV counseling and education for persons in substance abuse treatment
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13-9	HIV/AIDS, STD, and TB education in State prisons
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13-10	HIV counseling and testing in State prisons
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13-11	HIV testing in TB patients
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13-12	Screening for STDs and immunization for hepatitis B
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13-13	Treatment according to guidelines
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13-14	HIV-infection deaths
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13-15	Interval between HIV infection and AIDS diagnosis
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13-16	Interval between AIDS diagnosis and death from AIDS
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13-17	Perinatally acquired HIV infection
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Immunization and Infectious Diseases

Goal: Prevent disease, disability, and death from infectious diseases, including vaccine-preventable diseases.

Number	Objective	Short Title
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Diseases Preventable Through Universal Vaccination		
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| 14-1 | Vaccine-preventable diseases |
| 14-2 | Hepatitis B in infants and young children |
| 14-3 | Hepatitis B in adults and high-risk groups |
| 14-4 | Bacterial meningitis in young children |
| 14-5 | Invasive pneumococcal infections |

Diseases Preventable Through Targeted Vaccination		
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| 14-6 | Hepatitis A |
| 14-7 | Meningococcal disease |
| 14-8 | Lyme disease |

Infectious Diseases and Emerging Antimicrobial Resistance		
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| 14-9 | Hepatitis C |
| 14-10 | Identification of persons with chronic hepatitis C |
| 14-11 | Tuberculosis |
| 14-12 | Curative therapy for tuberculosis |
| 14-13 | Treatment for high-risk persons with latent tuberculosis infection |
| 14-14 | Timely laboratory confirmation of tuberculosis cases |
| 14-15 | Prevention services for international travelers |
| 14-16 | Invasive early onset group B streptococcal disease |
| 14-17 | Peptic ulcer hospitalizations |
| 14-18 | Antibiotics prescribed for ear infections |
| 14-19 | Antibiotics prescribed for common cold |
| 14-20 | Hospital-acquired infections |
| 14-21 | Antimicrobial use in intensive care units |

Vaccination Coverage and Strategies		
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| 14-22 | Universally recommended vaccination of children aged 19 to 35 months |
| 14-23 | Vaccination coverage for children in day care, kindergarten, and first grade |
| 14-24 | Fully immunized young children and adolescents |
| 14-25 | Providers who measure childhood vaccination coverage levels |
| 14-26 | Children participating in population-based immunization registries |
| 14-27 | Vaccination coverage among adolescents |
| 14-28 | Hepatitis B vaccination among high-risk groups |
| 14-29 | Influenza and pneumococcal vaccination of high-risk adults |

Vaccine Safety		
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| 14-30 | Adverse events from vaccinations |
| 14-31 | Active surveillance for vaccine safety |

Injury and Violence Prevention

Goal: Reduce injuries, disabilities, and deaths due to unintentional injuries and violence.

Number	Objective Short Title
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Injury Prevention	
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15-1	Nonfatal head injuries
15-2	Nonfatal spinal cord injuries
15-3	Firearm-related deaths
15-4	Proper firearm storage in homes
15-5	Nonfatal firearm-related injuries
15-6	Child fatality review
15-7	Nonfatal poisonings
15-8	Deaths from poisoning
15-9	Deaths from suffocation
15-10	Emergency department surveillance systems
15-11	Hospital discharge surveillance systems
15-12	Emergency department visits

Unintentional Injury Prevention	
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15-13	Deaths from unintentional injuries
15-14	Nonfatal unintentional injuries
15-15	Deaths from motor vehicle crashes
15-16	Pedestrian deaths
15-17	Nonfatal motor vehicle injuries
15-18	Nonfatal pedestrian injuries
15-19	Safety belts
15-20	Child restraints
15-21	Motorcycle helmet use
15-22	Graduated driver licensing
15-23	Bicycle helmet use
15-24	Bicycle helmet laws
15-25	Residential fire deaths
15-26	Functioning smoke alarms in residences
15-27	Deaths from falls
15-28	Hip fractures
15-29	Drownings
15-30	Dog bite injuries
15-31	Injury protection in school sports

Number Objective Short Title

Violence and Abuse Prevention

- 15-13 Homicides
- 15-33 Maltreatment and maltreatment fatalities of children
- 15-34 Physical assault by intimate partners
- 15-35 Rape or attempted rape
- 15-36 Sexual assault other than rape
- 15-37 Physical assaults
- 15-38 Physical fighting among adolescents
- 15-39 Weapon carrying by adolescents on school property

Maternal, Infant, and Child Health

Goal: Improve the health and well-being of women, infants, children, and families.

Number Objective Short Title

Fetal, Infant, Child, and Adolescent Deaths

- 16-1 Fetal and infant deaths
- 16-2 Child deaths
- 16-3 Adolescent and young adult deaths

Maternal Deaths and Illnesses

- 16-4 Maternal deaths
- 16-5 Maternal illness and complications due to pregnancy

Prenatal Care

- 16-6 Prenatal care
- 16-7 Childbirth classes

Obstetrical Care

- 16-8 Very low birth weight infants born at level III hospitals
- 16-9 Cesarean births

Risk Factors

- 16-10 Low birth weight and very low birth weight
- 16-11 Preterm births
- 16-12 Weight gain during pregnancy
- 16-13 Infants put to sleep on their backs

Developmental Disabilities and Neural Tube Defects

- 16-14 Developmental disabilities
- 16-15 Spina bifida and other neural tube defects
- 16-16 Optimum folic acid levels

Number Objective Short Title

Prenatal Substance Exposure

16-17 Prenatal substance exposure

16-18 Fetal alcohol syndrome

Breastfeeding, Newborn Screening, and Service Systems

16-19 Breastfeeding

16-20 Newborn bloodspot screening

16-21 Sepsis among children with sickle cell disease

16-22 Medical homes for children with special health care needs

16-23 Service systems for children with special health care needs

Mental Health and Mental Disorders

Goal: Improve mental health and ensure access to appropriate, quality mental health services.

Number Objective Short Title

Mental Health Status Improvement

18-1 Suicide

18-2 Adolescent suicide attempts

18-3 Serious mental illness (SMI) among homeless adults

18-4 Employment of persons with SMI

18-5 Eating disorder relapses

Treatment Expansion

18-6 Primary care screening and assessment

18-7 Treatment for children with mental health problems

18-8 Juvenile justice facility screening

18-9 Treatment for adults with mental disorders

18-10 Treatment for co-occurring disorders

18-11 Adult jail diversion programs

State Activities

18-12 State tracking of consumer satisfaction

18-13 State plans addressing cultural competence

18-14 State plans addressing elderly persons

Oral Health

Goal: Prevent and control oral and craniofacial diseases, conditions, and injuries and improve access to related services.

Number	Objective Short Title
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21-1	Dental caries experience
21-2	Untreated dental decay
21-3	No permanent tooth loss
21-4	Complete tooth loss
21-5	Periodontal diseases
21-6	Early detection of oral and pharyngeal cancers
21-7	Annual examinations for oral and pharyngeal cancers
21-8	Dental sealants
21-9	Community water fluoridation
21-10	Use of oral health care system
21-11	Use of oral health care system by residents in long-term care facilities
21-12	Dental services for low-income children
21-13	School-based health centers with oral health component
21-14	Health centers with oral health service components
21-15	Referral for cleft lip or palate
21-16	Oral and craniofacial State-based surveillance system
21-17	Tribal, State, and local dental programs

Respiratory Diseases

Goal: Promote respiratory health through better prevention, detection, treatment, and education efforts.

Number	Objective Short Title
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Asthma

24-1	Deaths from asthma
24-2	Hospitalizations for asthma
24-3	Hospital emergency department visits for asthma
24-4	Activity limitations
24-5	School or work days lost
24-6	Patient education
24-7	Appropriate asthma care

Number	Objective Short Title
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24-8	Surveillance systems
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Chronic Obstructive Pulmonary Disease (COPD)

24-9	Activity limitations due to chronic lung and breathing problems
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24-10	Deaths from COPD
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Obstructive Sleep Apnea (OSA)

24-11	Medical evaluation and followup
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24-12	Vehicular crashes related to excessive sleepiness
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Sexually Transmitted Diseases

Goal: Promote responsible sexual behaviors, strengthen community capacity, and increase access to quality services to prevent sexually transmitted diseases (STDs) and their complications.

Number	Objective Short Title
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Bacterial STD Illness and Disability

25-1	Chlamydia
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25-2	Gonorrhea
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25-3	Primary and secondary syphilis
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Viral STD Illness and Disability

25-4	Genital herpes
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25-5	Human papillomavirus infection
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STD Complications Affecting Females

25-6	Pelvic inflammatory disease (PID)
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25-7	Fertility problems
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25-8	Heterosexually transmitted HIV infection in women
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STD Complications Affecting the Fetus and Newborn

25-9	Congenital syphilis
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25-10	Neonatal STDs
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Personal Behaviors

25-11	Responsible adolescent sexual behavior
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25-12	Responsible sexual behavior messages on television
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Community Protection Infrastructure

25-13	Hepatitis B vaccine services in STD clinics
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25-14	Screening in youth detention facilities and jails
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25-15	Contracts to treat nonplan partners of STD patients
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Number Objective Short Title

Personal Health Services

- 25-16 Annual screening for genital chlamydia
- 25-17 Screening of pregnant women
- 25-18 Compliance with recognized STD treatment standards
- 25-19 Provider referral services for sex partners

Substance Abuse

Goal: Reduce substance abuse to protect the health, safety, and quality of life for all, especially children.

Number Objective Short Title

Adverse Consequences of Substance Use and Abuse

- 26-1 Motor vehicle crash deaths and injuries
- 26-2 Cirrhosis deaths
- 26-3 Drug-induced deaths
- 26-4 Drug-related hospital emergency department visits
- 26-5 Alcohol-related hospital emergency department visits
- 26-6 Adolescents riding with a driver who has been drinking
- 26-7 Alcohol- and drug-related violence
- 26-8 Lost productivity

Substance Use and Abuse

- 26-9 Substance-free youth
- 26-10 Adolescent and adult use of illicit substances
- 26-11 Binge drinking
- 26-12 Average annual alcohol consumption
- 26-13 Low-risk drinking among adults
- 26-14 Steroid use among adolescents
- 26-15 Inhalant use among adolescents

Risk of Substance Use and Abuse

- 26-16 Peer disapproval of substance abuse
- 26-17 Perception of risk associated with substance abuse

Treatment for Substance Abuse

- 26-18 Treatment gap for illicit drugs
- 26-19 Treatment in correctional institutions
- 26-20 Treatment for injection drug use
- 26-21 Treatment gap for problem alcohol use

Number Objective Short Title

State and Local Efforts

- 26-22 Hospital emergency department referrals
- 26-23 Community partnerships and coalitions
- 26-24 Administrative license revocation laws
- 26-25 Blood alcohol concentration (BAC) levels for motor vehicle drivers

Tobacco Use

Goal: Reduce illness, disability, and death related to tobacco use and exposure to secondhand smoke.

Number Objective Short Title

Tobacco Use in Population Groups

- 27-1 Adult tobacco use
- 27-2 Adolescent tobacco use
- 27-3 Initiation of tobacco use
- 27-4 Age at first tobacco use

Cessation and Treatment

- 27-5 Smoking cessation by adults
- 27-6 Smoking cessation during pregnancy
- 27-7 Smoking cessation by adolescents
- 27-8 Insurance coverage of cessation treatment

Exposure to Secondhand Smoke

- 27-9 Exposure to tobacco smoke at home among children
- 27-10 Exposure to environmental tobacco smoke
- 27-11 Smoke-free and tobacco-free schools
- 27-12 Worksite smoking policies
- 27-13 Smoke-free indoor air laws

Social and Environmental Changes

- 27-14 Enforcement of illegal tobacco sales to minors laws
- 27-15 Retail license suspension for sales to minors
- 27-16 Tobacco advertising and promotion targeting adolescents and young adults
- 27-17 Adolescent disapproval of smoking
- 27-18 Tobacco control programs
- 27-19 Preemptive tobacco control laws

Number Objective Short Title

- 27-20 Tobacco product regulation
- 27-21 Tobacco tax

Vision and Hearing

Goal: Improve the visual and hearing health of the Nation through prevention, early detection, treatment, and rehabilitation.

Number Objective Short Title

Vision

- 28-1 Dilated eye examinations
- 28-2 Vision screening for children
- 28-3 Impairment due to refractive errors
- 28-4 Impairment in children and adolescents
- 28-5 Impairment due to diabetic retinopathy
- 28-6 Impairment due to glaucoma
- 28-7 Impairment due to cataract
- 28-8 Occupational eye injury
- 28-9 Protective eyewear
- 28-10 Vision rehabilitation services and devices

Hearing

- 28-11 Newborn hearing screening, evaluation, and intervention
- 28-12 Otitis media
- 28-13 Rehabilitation for hearing impairment
- 28-14 Hearing examination
- 28-15 Evaluation and treatment referrals
- 28-16 Hearing protection
- 28-17 Noise-induced hearing loss in children
- 28-18 Noise-induced hearing loss in adults

Notes

¹ Adapted from *Healthy People 2010*, November 2000, <http://www.health.gov/healthypeople/>, September 17, 2002